

## Exercise Class Guide

Classes are included with full membership (not Off-Peak)

### Online Live Timetables

The class programme is detailed on the website. The live timetable is updated wherever there are class cancellations, venue changes or cover instructors, so do check it before booking/attending.

### Class Break

There are 3 breaks in the class programme: 2 weeks over Easter and 2 weeks over Christmas, then the calendar month of August. The rationale for this is detailed on the website. However, we are trialling the fitness class in the month of August 2026.

### Advance Booking

It is essential to book online for all classes. When you visit for the first time, simply click 'Login/Register' then 'Forgotten Password'. Please remember to cancel any unwanted bookings at least 4 hours prior to the class. Failure to do so, or failure to attend will result in a £3 penalty fee. This is designed to discourage casual booking.

### Member's Guests

Members are welcome to bring guests. Guests should be booked in via Reception and a guest fee is payable. Guest vouchers may be used for this purpose.

### Register on Arrival

Please arrive at your class 5-10 minutes before the start time in order to register your attendance with the instructor. Failure to register may result in a penalty fee as detailed above. Don't forget to wear suitable clothing and bring a water bottle.

### Non-Members

All classes are free to members. Non-members are welcome but must first register for an Activity Access Card (£10 registration fee). Classes can then be booked and paid for online.

### Events

Please be aware if the college is hosting an event and require the auditorium we will either re-locate the class or unfortunately cancel the class.

Please email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk) with any class related queries.

**Enjoy your exercise class!**



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DULWICH COLLEGE  
THE SPORTS CLUB  
*get fit, have fun, meet people*



# Exercise Class & Activity Programme

## 1-31 August 2026

## Exercise Class & Activity Programme: 1 – 31<sup>st</sup> August 2026

Monday		Teacher	Venue	A Card
09:05 - 10:05	Body Conditioning 	Imelda	Auditorium	£13
10:15 - 11:15	Body Conditioning 	Imelda	Auditorium	£13
19:00 - 19:45	Bodyblast Conditioning	Nathaniel	Club Room	£11
Tuesday				
08:00 - 08:45	Morning Yoga (Beg/Gen)	Zaira	Auditorium	£11
09:05 - 10:00	Zumba	Zaira	Auditorium	£13
10:15 - 11:15	Pilates General (All levels)	Zaira	Auditorium	£13
19:30-20.30	Boxing	Kwame	Club Room	£13
Wednesday				
09:05 - 10:05	Bodyblast Conditioning	Nathaniel	Auditorium	£13
10:15-11:15	Body Combat	Jennifer	Auditorium	£13
Thursday		Teacher	Venue	A Card
09:05 - 10:05	Power Pilates (All levels)	Zaira	Auditorium	£13
10:15 - 11:15	Zumba Gold	Zaira	Auditorium	£13
18:00 - 19:00	Stretch Flow	Paula	Club Room	£13
19:15 – 20:15	Pilates Core Express	Paula	Club Room	£13
18:45 - 19:30	Aquafit	Carol/Alison	Pool	£11
Friday				
09:00 - 09:55	Strength Reform	Omar	Auditorium	£13
10:15 - 11:15	Pilates (all levels)	Zaira	Auditorium	£13
11:20 - 12:00	Mindfulness	Zaira	Auditorium	£11
Saturday				
09:00 - 09:55	Bodyblast Pump	Nathaniel	Exercise Studio	£13
10:00 - 11:00	MyKindaYoga	Alison B	Exercise Studio	£13
Sunday				
11:05 - 12:00	Zumba	Sharon	Exercise Studio	£13

**NOTES:**

Non-members must register for an Activity Access ( 'A' ) Card to book.  
 For the latest programme details, please see the website live timetable.

## Auditorium Location

